

Name: _____
Total # of sessions attended (1-6): _____
Health Professional: Yes _____ No _____

FINAL EXAM

1. Which of the following is characteristic of asthma? (*circle the best answer*)

- | | |
|------------------------------|--------------------------------------|
| a. Elevated white cell count | c. Airway inflammation |
| b. Destruction of alveoli | d. Increased blood flow to the lungs |

2. What are the four symptoms of asthma?

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

3. The prevalence of asthma in California is: (*Circle the best answer*)

- | | |
|---|-----------------------------------|
| a. Rising faster among adults than children | b. Over 11% and rising |
| c. Similar in all races and ethnic groups | d. Unchanged in the last 20 years |

4. Fatal cases of asthma are: (*Circle the best answer*)

- a. almost always preventable
- b. associated with using more than 2 canisters a month of inhaled steroid medication
- c. usually the result of a sudden, unexpected attack
- d. more common among Latinos than Blacks

5. List eight possible triggers of asthma:

- | | |
|----------|----------|
| a. _____ | e. _____ |
| b. _____ | f. _____ |
| c. _____ | g. _____ |
| d. _____ | h. _____ |

6. Choose the BEST answer from the following words to fill in each blank

muscles
mucus

white cells
cough

lining
alveoli

inflammation
lymph node

Although everyone's airways have the potential for constricting in response to allergens or irritants, the asthmatic's airways are oversensitive, or hyperreactive. In response to one or more triggers, the airways may become obstructed by one or more of the following:

- 1) constriction of the _____ surrounding the airway
- 2) _____ and swelling of the airway
- 3) increased _____ production which clogs the airway.

7. Which of the following statements about asthma is true?

- | | | |
|------|-------|--|
| true | false | 1. Asthma is a chronic disease. |
| true | false | 2. Children with asthma usually outgrow the disease. |
| true | false | 3. Airway inflammation is the underlying problem in asthma. |
| true | false | 4. Waking at night with asthma symptoms is expected. |
| true | false | 5. Children are more likely than adults to have allergic triggers. |

8. Match each description to the asthma severity level by putting the appropriate number in the blank:

I = Mild Intermittent

II = Mild Persistent

III = Moderate Persistent

IV = Severe Persistent

- | | |
|-----------|--|
| _____ 8a. | Daytime symptoms more than twice a week but less than every day
Nighttime symptoms more than twice a month
Peak flow score of 80% or more of personal best |
| _____ 8b. | Daytime symptoms less than twice a week
Nighttime symptoms less than twice a month or less
Peak flow score of 80% or more of personal best |
| _____ 8c. | Daytime symptoms continual
Nighttime symptoms frequent
Peak flow score of 60% or less of personal best |
| _____ 8d. | Daytime symptoms every day
Nighttime symptoms more than once a week
Peak flow score between 60% and 80% of personal best |

9. Treatment of asthma requires: *(circle the best answer)*
- a. Appropriate medications
 - b. Environmental control strategies
 - c. Clinician-patient-family communication
 - d. Appropriate self-management skills
 - e. All of the above
10. Complementary and alternative approaches to asthma management are: *(circle the best answer)*
- a. Always unsafe
 - b. Used by less than 10% of the population
 - c. Used more by people who don't have healthy lifestyles
 - d. Used often but rarely shared with conventional health care providers
 - e. Scientifically proven approaches to treatment
11. In California, where do most Latinos come from? *(circle the best answer)*
- a. Mexico and Central America
 - b. Mexico and South America
 - c. Mexico and Puerto Rico
 - d. Mexico and Spain
 - e. Mexico and Cuba
12. When counseling families for whom English is a second language, one should: *(circle the best answer)*
- a. use medical language so they will know how to talk with their doctors
 - b. speak loudly so they can hear you more clearly
 - c. speak slowly, using short, simple phrases
 - d. wait until you find an interpreter before talking with them
13. List three strategies for communication that might be especially helpful when counseling families from a culture different from your own:
- 1. _____
 - 2. _____
 - 3. _____

14. Match the following medications to their category:

- | | | | | |
|-------------|-------------|--------------|-------------|--------------|
| a. Aeorbid | d. Ventolin | g. Proventil | j. Vanceril | m. Pulmicort |
| b. Flovent | e. Intal | h. Singulair | k. Accolate | n. albuterol |
| c. Serevent | f. Maxair | i. Azmacort | l. Atrovent | o. Primatene |

Bronchodilators

Anti-inflammatories

15. Describe three functions of an Action Plan:

- a. _____
- b. _____
- c. _____

16. Circle the correct answer:

- a. In calculating peak flow scores, the **(expected)** **(personal best)** is based on a patient's height, age and sex.
- b. The most accurate number is the **(expected)** **(personal best)** peak flow score.
- c. The **(expected)** **(personal best)** is calculated by finding the highest number that a patient can blow over a two to three week period when his/her asthma is under good control.

17. Circle the correct answer:

- | | | |
|------|-------|---|
| true | false | a. People with asthma should restrict exercise because breathing will become more difficult with physical exertion. |
| true | false | b. Brushing pets regularly can decrease animal dander in the home. |
| true | false | c. An asthma attack does not need immediate attention. |
| true | false | d. If someone never wheezes, asthma is unlikely. |
| true | false | e. Asthma can be fatal. |

18. Draw a line to match each word or phrase with its definition:

- | | |
|----------------------|--|
| Spacer | definitive test of lung function |
| Metered dose inhaler | 65% - 90% of personal best peak flow |
| Peak flow meter | decreases side effects from inhaled medications |
| Bronchodilator | "recipe" for managing asthma |
| Inflammation | reduces airway inflammation |
| Nebulizer | large equatorial giraffe |
| Action Plan | compressor-driven device for giving inhaled medication |
| Bronchiol tubes | "thermometer" for asthma |
| Yellow Zone | rash, swelling |
| Spirometry | alveoli |
| | propellant-driven dispenser of inhaled medications |
| | respiratory structures |
| | quick relief medication |
| | 50% - 80% of personal best peak flow |

19. What would you do?

Case #1

Jessie is 4 years old who was diagnosed with asthma at the age of 2. Her mom tells you that every time she gets a cold, it develops into asthma and she has to go on "the machine". Four months ago, Jessie had to be taken to the ER in the middle of the night because her asthma was so bad. Her mom sounds discouraged and scared. She is worried that she may have to quit her job in the City, something that the family can ill-afford, as Jessie is sick so much of the time. She says she is afraid to be so far away from her "in case something happens". How could you help this family? Write down some questions you might ask Jessie's mom. What three bits of information do you think might be most helpful to her at this time? What would you suggest this mom do next?

